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ABSTRACT OF THE DISCLOSURE

5       Apparatus and methods for rotating objects in accordance  
with the invention are disclosed. One embodiment of the  
invention includes a shaft including a socket opening in at  
least one end of the shaft and a handle connected to the shaft  
by a unidirectional bearing. An embodiment of the invention  
adapted for rotating a tension rod having a terminal end  
10      includes a shaft including a socket opening in at least one  
end of the shaft and a handle connected to the shaft by a  
unidirectional bearing. In this embodiment, the socket opening  
is capable of engaging the terminal end of the tension rod.

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